Navy Marine Corps Great American Smoke Out Day 2004 Plans

Planned GASO Activities

- **Each base plans for their respective Smoke Out awareness, education and intervention programs**
- **Goal is to promote Tobacco cessation!**

Quantico

- **A Smoke Out Workout for commands!**
- **Plan is to close all smoking areas for the GASO!**
- **Plan is to ban sale of tobacco products on base for the GASO!**
- **Information booths at various commands during the week**
- **Pass out Info packets at Base gates**

Camp LeJeune

- **GASO Sunrise Work Out!**
- **Displays at Exchange, Base Schools & Hospital**
- **Educational lectures at schools**
- **Poster contest at Elementary school**
- **Base newspaper articles**

NAS LeMoore

- **Adopt a Smoker with American Cancer Society**
- **Fun Run Walk**
- **Educational Event for 4th and 5th Graders- with speakers, booths, &**

  DJ and tobacco trivia

NAS Jacksonville

- **Turkey Trot 5K Run**
- **Information and education booths at various commands, Exchange, and Galley during the GASO week**

Annapolis

- **Partnering with Midshipmen Alcohol Drug Education Officer for Right Spirit Wellness in Navy (WIN) Week**

  Different focus each day- Nutrition, Tobacco, Alcohol/Drugs, Sexual Health
- **Guest speaker on Tobacco**
- **Manned tables and displays at Medical Clinic, Exchange and Dahlgren Hall**
- **Adopt a Smoker Program**
- **Fun Run**

Navy Region Midwest, Great Lakes

- **Manned awareness stations and displays around base.**

- **Key messages for students to <u>prevent</u> tobacco use initiation – “*Save money*” & “*There’s no easy remedy for quitting*.”**

- **Cessation voucher for quitters to bring to clinic. These will show determination level of quitter, a self-drafted quit plan, and help tally the quit attempts resulting from GAS.**

More GASO Highlights

- **Command Formation Run & displays at New Orleans**
- **Wellness Wednesday booth at gym & GASO Scavenger Run at MCAS Yuma**
- **Tobacco Awareness Health Fair & Cold Turkey Trot 5K Run at NMC San Diego**